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# HIGH SPIRTUALITY AND PHYSICAL STABILIY ARE THE MAIN CRITERION FOR A PERFECT HUMAN IDEA

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## ABSTRACT

This article discusses the main criteria for the ideal idea of man - high spirituality and physical stability. How a culture of nations and their customs and traditions affect the formation of the individual, how society develops with a strong spiritual culture. An example is given of various historical events.

**Keywords:** Perfect human, kindness, justice, the individual and society, intelligence, regional values, wise human

## 1. INTRODUCTION

The idea of a perfect human being is the supreme ideal of humanity, which has the highest spiritual and physical well-being and also which is always national and universal. The idea of a perfect human being is an idea which isn't for just certain individuals but also for all nationalities. The idea of a perfect human being led them to the highest levels of development and also inspired them in their spiritual advancement and in the field of prosperity. The idea of a perfect human being is extremely important in the education of young generation. We have to pay our special attention on education of young generation. They have to be mentally as well as physically healthy.

## 2. MAIN PART

Looking back on history, especially, in accordance with our national traditions, the purity of man appears before his moral maturity. Studying the heritage of creators and enriching it is a sign of respect for younger generations. In our many years of history, we have many emotions: Alpomish is the ideal hero of our people. It is an artistic embodiment of intelligence, imagination, perfection, courage and patriotism. The sacred book of Zoroastrianism is interpreted as the main criterion of honesty in Avesto. The idea of a perfect human being feeds on Islamic philosophy and broader meaning. The ideas of such intellectuals as Ibn Sina, Beruni, Forobi and Navoi were raised by the idea of raising the society. Ideal for Farhod Navoi, the image of Farhad. He has mental and physical maturity. In Navoi's novel, Oybek is the ideal image of Navoi. At the same time, he is a real historical person and a perfect person.

The idea of a perfect human being is a noble idea that embodies the highest, spiritual and physical perfection of humanity, both national and universal, and is always good. The idea of a perfect human being has led not only individual individuals, but also all peoples to the highest level of progress, inspired them to their unique achievements in spirituality and enlightenment. There is no future for the people who have not dreamed of bringing comprehensively advanced generations, who have not dreamed of excellence, the nation has no future, and such people are in decline. Extreme kindness is a set of genuine human qualities and qualities, such as kindness, justice, honesty, conscience, honor, will, entrepreneurship, and prosperity. Therefore, in our country there is paid much attention to sports, in order to form physical and psychological preparation of the youth, a healthy lifestyle. A special role is played by the three-tier system of competitiveness - Umid Nihollari, Barkamol Avlod and Universiada - in bringing up the young generation in the spirit of loyalty to the country, shaping a healthy lifestyle among them. It is important that these competitions cover all the younger generation, from freshmen to graduates of higher education institutions. One of the main factors of education is the upbringing of national values in the spirit of loyalty. Anyone, of course, cannot live without purpose. Therefore, as long as there are countries where there are countries and their interests, they seek to define their own paths through the horizons of their future, their national ideology, "so national ideology and ideology are the aim of each of the purposes of every citizen's life, the

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idea of the intentional intentions, the interests, the way of development, the idea, the idea, is expressed through this concept. Obviously, it is impossible to find a people without these qualities and goals. "The idea of national idea, the national consciousness, the essence of the human spirit, the vitality of each people living in Uzbekistan and people belonging to the country, is reflected in the way of life and dignity of the people, their interests, aspirations for a dream. The processes taking place in Uzbekistan also confirm the diversity of philosophy of development and ideology. In this sense, it is necessary to focus more on the factors that help to improve life, make it more prosperous, and cultivate it. That is, it. If customs are not new perceptions, they may interfere with the development of time, beyond the time of the era. There are basic elements in the national consciousness of every nation, the history of which is characteristic of the nation, and it is the spirit, the peculiarity and character of the people. Today, self-respect for the recognition of national values can be seen through the cultural heritage of this lifestyle. This is due to the fact that the change in the consciousness, consciousness and beliefs of people, especially youngsters, is in line with our national values or vice versa. The question is how young people look at it and value what values. is better to have spiritual wealth than material wealth. The preservation and development of the nation's cultural heritage and values in the country's promising aspect is associated with the nationalistic patriotism. In this way, we will preserve the country's unique development pathway and protect it from a variety of threats. National cultural heritage is not a remnant of these, as some people think. The fact that we do not count it separates us from our own motives. There must be an interconnected relationship between traditionalism and modernity. Forming good ideas such as contributing to the strengthening of independence in the minds of young people is defined as one of the primary tasks of educating young people with love for the Motherland.

The idea of a perfect human being and the aspirations for its realization constitute the essence of human civilization. Looking back on history, the most important indicator of perfection in every society is manifested in his attitude toward human well-being, social happiness, and human activities based on humanitarian ideas. That is, the criterion for the overall development of society and the human civilization has been to make a happy happiness in the community through the perfection of man. The perfection in human beings first of all is to realize his freedom of thought, thought, and practice. In this sense, the claim of the great Greek philosopher Socrates "Know Yourself!" Is a call to understanding the human race, the essence of life, the responsibility and responsibility of the individual for future generations. The idea of a perfect human cannot be separated from the idea of national independence. It is possible to see two processes which are interconnected in the relationships of the individual and society. The first is to have a positive impact on the development of society. The existence of the idea of a perfect human being and its associated practices are the criteria that determine the level of social development. That is, liberty and independence create conditions for the realization of the idea of a perfect human. Therefore, social, political, economic, spiritual and institutional responsibilities for the upbringing of a mature human being in Uzbekistan are defined as the most important and priority directions of the state policy. Undoubtedly, the people, the nation and the state will not have a future for the future of the harmonious generation. Respecting universal values and gaining an ideological imperative in bringing up a perfect human being is one of the key elements of the discipline.

Values are the key to the development of society, the strongest factor in generating successes in the historical development of the nation. Looking at the stages of historical development, every society, state has not developed without developing and strengthening its national values. Therefore, as noted in the Law of the Republic of Uzbekistan "On Education", "Priority of universal and national cultural values in education" is one of the main principles of the state policy in the field of education. What is the value? How do you know it? The values are understood to mean things that are important to human beings and to humanity. From the pedagogical point of view of the essence of values, it is understood that teaching people the historical traditions of the future to the future generations, to educate them. That is why it is important to respect national spiritual values, to love and to bring them into the state.

The essence of the essence is divided into different types and covers all aspects of life. In particular, the human being and his life are the highest value. It's a good idea to speak of the value of something where there is no human. Therefore, the main direction of the policy of our state is respect for human dignity, improvement of life, development of knowledge and culture, preservation of health and life. People do not stop even when they are just as high as they are today. There is a system of ideas and attitudes that reflects

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the aspiration for the manifestation of human dignity, liberty and abilities, and the aspiration of people to happiness, equality and fair life. This is humanitarian. These ideas have deep and long history. Love for humanity, praising his dignity, is seen in ancient times, primarily in the oral tradition and later in written sources. His philosophical and artistic solutions, such as human liberty, its duty and responsibility, were the works of our ancestors such as Forobi, Beruni, Ibn Sina, Ahmad Yassaviy, Mirzo Ulughbek, Alisher Navoi, Behbudiy, Avloni, Fitrat, Chulpan, Kadyri, has not lost its importance. Oriental ideas in the Oriental social tradition have ancient roots. Having gained independence, Uzbekistan has started to organize the life of the people and society on this basis based on humanitarian principles in its policy since the first days of independence. The legal system in our republic has been shaped to protect human interests, to appreciate it, to ensure the wellbeing of every person. Values in our country are increasingly rooted deeply.

It is important in the development of the state. When dealing with ideas and thoughts today, it is important to note the following points. First, a certain idea cannot be accepted by a person. Second, a particular idea can only be preserved in the mind of the mind, the unnecessary thing, that lies within the edge of the human mind. In the first case, the idea does not leave any trace of human consciousness. In the latter case, it does not have any social significance for the individual. Not every nation, not just with its natural resources and its military might and production capability, is primarily strong in its high culture and spirituality. In order to understand the importance of this wealth, the general governor of the Turkestan Territory in Turkestan M.Skobelev said: "It is not necessary to eradicate the nation, destroy its culture, art and language, it will soon collapse itself." will do. The economic, cultural, historical, linguistic, religious, customs and traditions of regional values constitute a set of natural and social events that serve the interests of the common people. The nations that breathe in the past from one spiritual climate require that our history should be closer and more affluent at a time when our history, especially in today's responsible era, needs intelligence, intelligence and courage, worldly potential and national pride.

Human life is a lifelong process of spiritual purification and perfection. Everyone, every family, society must do serious work to bring up a perfectly developed person. The education of a perfect human is a complex, multifaceted and long-lasting process.

## 3. CONCLUSION

Free civil society creates only those who are spiritually mature, based on good ideas and who have strong beliefs. Therefore, a special attention is paid to the upbringing of harmoniously developed generation by upbringing a healthy generation, building a free citizen morality, raising the spiritual and enlightenment work to a higher level.

Courageous people are the boundless conscience of society. They are the most perfect, intelligent, and wise human being. The sign of their perfection is that the people benefit from the right path. It is a perfect man if a person is to sacrifice his life for the sake of his word, his practical deeds, his good intentions, and the evil of his way. Today's youth should have the world-class modern knowledge and the world of physical and psychological stability.

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